

**AMENDMENTS TO THE CLAIMS:**

This listing of claims will replace all prior versions, and listings, of claims in the application.

**Listing of Claims:**

Claim 1 (Currently Amended): A method of playing lacrosse, wherein one or more lacrosse players is capable of intentionally adjusting the length of their lacrosse stick during a lacrosse game without leaving the lacrosse playing field.

Claim 2 (Currently Amended): A method of playing lacrosse, wherein one or more lacrosse players is capable of intentionally adjusting the length of their lacrosse stick without using any separate tools.

Claims 3-9 (Canceled).

Claim 10 (New): A method of playing lacrosse comprising:  
using a lacrosse stick to play a lacrosse game on a lacrosse playing field, the lacrosse stick comprising a shaft and a head, the head being coupled to one end of the shaft and adapted to receive a lacrosse ball; and  
non-destructively adjusting the length of the shaft of the lacrosse stick one or more times during the game without leaving the lacrosse playing field.

Claim 11 (New): A method of playing lacrosse comprising:  
using a lacrosse stick to play a lacrosse game on a lacrosse playing field, the lacrosse stick comprising a shaft and a head, the head being coupled to one end of the shaft and adapted to receive a lacrosse ball; and  
non-destructively adjusting the length of the lacrosse stick one or more times during the game without using any separate tools.